

Playground Injuries: Prevention Strategies

Prevention Strategies

The CDC-funded National Program for Playground Safety recommends the following strategies to prevent playground injuries:

- Improve adult supervision of children on playgrounds.
- Educate the public about age-appropriate playground equipment.
- Build playgrounds with surfaces—such as shredded rubber, wood chips, wood fiber, and sand—that reduce injuries related to falls (Mack et al. 2000).
- Improve maintenance of equipment and surfacing.

Reference

Mack MG, Sacks JJ, Thompson D. Testing the impact attenuation of loose fill playground surfaces. *Injury Prevention* 2000;6:141–4.